

Aerobics and Fitness Schedule

<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>		<u>Friday</u>	
5:30 a.m. Run Club	5:30 a.m. Cycling Roger	5:15 a.m. Core Angie		5:30 a.m. Run Club	5:30 a.m. Cycling Vicky	5:15 a.m. Core Angie		5:30 a.m. Yoga Sandy	5:30 a.m. Cycling Susan
8:00 a.m. Core Training Hattie		<i>5:45 a.m. U.S.C. Boot Camp Angie</i>		8:00 a.m. Core Training Mandy		<i>5:45 a.m. U.S.C. Boot Camp Angie</i>		8:30a.m. CORE Angie	
8:30 a.m. CORE Darlin		8:30 a.m. Muscle Pump Paula	8:30 a.m. Cycling Hector	8:30 a.m. CORE Darlin		8:30 a.m. Muscle Pump Paula	8:30 a.m. Cycling Hector	9:00 a.m. Double Step Angie	9:30 a.m. * Water Robyn
9:00 a.m. Kickboxing Darlin		9:15 a.m. Step to It Paula		9:00 a.m. U.S.C. Bootcamp		9:15 a.m. Step to It Paula			10:15 a.m. * Warm Water Robyn
	9:30 a.m. * Water Sarah	10:00 a.m. Yoga Melissa			9:30 a.m. * Water Sarah	10:00 a.m. Yoga Melissa		Saturday	
<i>11:00 a.m. Silver Sneakers Hattie</i>	10:15 a.m. * Warm Water Sarah		<i>11:00 a.m. Silver Sneakers Susan</i>	<i>11:00 a.m. Silver Sneakers Hattie</i>	10:15 a.m. *Warm Water Sarah		<i>11:00 a.m. Silver Sneakers Susan</i>	8:15 a.m. Muscle Pump Rotation	9:00 a.m. Step Interval Rotation
			12:00 p.m. E Z Does It Susan				12:00 p.m. E Z Does It Susan	9:45 a.m. Mountain Yoga Rotation	<i>11:00 a.m. Silver Sneakers Jennifer</i>
		5:30 p.m. Muscle Pump Catrina	5:30 p.m. * Water Sarah					Method Highlighted - Meeting Room <i>Italic - Gym Floor</i> Plain type - Studio * - Pool	
5:30 p.m. Core Catrina	5:20 p.m. Cycling Hector	6:00 p.m. CORE Catrina		5:30 p.m. Step To It Paula	5:20 p.m. Cycling Hector	5:30 p.m. CORE Megen	5:30 p.m. * Water Sarah	Effective January 15, 2007	
6:00 p.m. Step Interval Catrina		6:15 p.m. Ultimate Kickbox Catrina		6:15 p.m. Core Paula		6:00 p.m. CorePole Challenge Megen		Phone 479-314-7400	
6:45 p.m. Pilates Megan		7:00 p.m. Yoga Joy		6:45 p.m. Pilates Megan		7:00 p.m. Yoga Joy		For up to the minute subbing and special event information Please note the scheduled instructors may change without notice.	

Participation Policy: Class participation is monitored on a monthly basis and will be subject to change at any time if the number of participants in that class drops below an average of 10 in a consecutive 2 month period. Classes require an attendance of 3 or more, or the class will be canceled for that day.